



**Students
'get involved'**
Volunteering
activities
college experience.
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SPOKE

A LEARNING MEMORANDUM FOR JOURNALISM STUDENTS



**Heading to
the Big Apple**
Graphic design
students will tour
NYC in February.
Page 10

MONDAY, JANUARY 14, 2013

CONESTOGA COLLEGE, RITCHIEVILLE, ONT.

WWW.CONESTOGA.CA/CN/SPOKE

4,000 FEET — NO. 4

These programs fully funded

BY LAURA HENNETT

Women living in Conestoga are some of college students at Conestoga without the stress of hefty tuition fees and high-priced books.

In fact, Conestoga College provides a couple of programs that are fully funded by the provincial government.

"We were fortunate enough to get funding for the two years," said Kristen Davis, liaison officer for the School of Trades and Apprenticeship at Conestoga College.

"The programs are for unemployed or under-employed women," she said, adding that if a woman meets the requirements, she would not be eligible.

Conestoga also has programs on-campus for the Women in Global Trades (WIGT) grant, an auxiliary pre-employment program.

There are two fully-funded programs for women at Conestoga WIGT is funded at \$40,000 a year and the other program, unemployment insurance application and technical support at \$10,000.

"This next program, WIGT, will start in September 2013," said Davis, adding that it is the second year for funding.

WIGT runs for 30 weeks and there is also a 30-week paid work placement. Information sessions about the programs will begin in April.

WIGT students must be under 18 and live and be eligible to work in Ontario.

"We provide students with their tuition, books, school supplies and books that are on loan," Davis said.

The auxiliary pre-employment program is a good way to get women into the trades. The program teaches them training, career fairs and interviews, interview practice and test, hand tools, power tools and computer literacy.

The information technology apprenticeship and technical support program provides additional education and preparation for the IT sector. It focuses on the areas of hardware, software, customer service and support and network and web design.

IF YOU THINK IT'S COLD OUTSIDE, TRY THE WATER



PHOTO BY LISA ALLEN

Students in the government firefighter program, practiced an ice-water rescue drill on Jan. 10. Above: Instructor Craig Smith, who went to a specialized 10-day course that called the first responder students for a life preserver. For more photos of the drill, see Page 11.

Career Services is there for you

BY SARAH HENNETT

Students' second semester career direction is an ongoing issue at Conestoga College, but for Cooperative Education and Career Services department continues to offer its assistance.

On Jan. 10 the annual Career Planning Workshop of the semester was held, which took students through a career planning cycle and showed them some online resources they can access at home.

"We find that the trend of university still continues and that is why we continue to offer the workshop a number of times each semester to give our who want to attend," said career advisor Jay Vanman.

Karen Bloomfield, employer success advisor who conducted the Jan. 10 workshop, explained that career planning is not always a one-time event but potentially a lifelong process that develops over time.

"The research is showing that the average North American now is changing

careers five to seven times," she said, adding that students are in charge of taking control of their own careers and that introducing career work opportunities is gradually as important as the education itself.

"A lifelong process is not a single decision," she said. "It is a series of decisions, big and small, that help to move you in the direction of the job you want."

Bloomfield said good career planning always begins with self-examination. When students have established their values and where important to them, when considering a career field, the next step is for them to do some career and labour market research. Now the research is not limited to computer research, and students should talk to people who work in their desired field about what it takes to become successful.

Finally, when individuals have developed their self-awareness and completed their career and labour market research, Bloomfield said the best career planning step is for them to make a



PHOTO BY SARAH HENNETT

Career development professionals student Victor Tugue, second from left, stands with career advisors Karen Bloomfield, Jay Vanman and Jay Vanman after a Career/Educational Planning Workshop on Jan. 10.

Students

"But even after you're in your program, it's always important to consider your next steps and to have a plan," said Bloomfield. "Do you need an internship? Do you need a co-op? Do you need summer job experience? What do you need to help build your resume to get you to that preferred team?"

Students who might need help navigating the process maintain and more can book an appointment with a career advisor by contacting Davis, Kristina Pearson, Mary O'Neill at (519) 545-1120 ext. 3259 or open@conestoga.on.ca. The services are confidential and help is available to students who have a my level of career-related needs.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could get rid of all the songs
of a particular singer's,
who would you choose?



"Justin Baker, because he is really annoying."

Madison Hall,
first-year
political science

"Miley Cyrus. She is very mainstream and annoying to listen to."

Justine Freeman,
first-year
religion education



"Eminem because he is very obscene and vulgar. His music seems to be based on shock value."

Justin Long,
first-year
software engineering



"Billy Ray Cyrus is not even a real musician."

John Bartels,
second-year
journalism broadcast



"Steve Penley because he is talked about all the time and I'm not really a fan of his songs."

Ernesto Lopez,
first-year
computer science administration



"Pink because she is more about being provocative than being about the music."

A.J. Brantini,
second-year
electrical engineering



Send Conestoga your could-be-random responses



PHOTO BY VICTORIA SPRADLIN
Chris Lewis, left, and brother Steve Lewis proudly hold their certificates for loans removed and those names perpetually. Health and safety is a top priority for the artists who work at Tora Tabora in Waterloo.

Think before you ink

By VICTORIA SPRADLIN

With the recent tattoo and ink-related rash, some people have begun to worry that their eyes have changed. This is particularly scary, since if they have their eyes inked into their body.

First one thought your eyes remain the same. But perhaps you're reconsidering that tattoo anyway.

Whether it's a tattoo eye or not, you have two options.

One option is to get the tattoo removed. Some people will go in for bad tattoo removal, or they make a mistake, or it was a spontaneous thing that they did about 10 or 20 years ago," said Chris Lewis, a tattoo artist at Tora Tabora in Waterloo. "It's really bad, or it's something they didn't like that they done impulsively."

Chris will come in and take a look and say we can remove it up to here it." Those who opt for laser removal should know a few things.

First, advances in laser technology mean that the skin will not scar when tattoos are removed. Steve Lewis, brother-in-law and a tattooed laser specialist at Tora, has a few different lasers for specific tasks.

"They're licensed and certain wave lengths for certain colors. One laser I have right now is just specifically for reds, it's just directed to the pigment. I think the pig-

ment and crystallizes it, and then there it breaks it down and the body will get rid of it," said Steve.

For those with a small tattoo, this may be your last option. That's not to say that larger tattoos can't be removed as well, but it's more difficult.

"With one of our artists, I'm working on (removing) his full sleeve," said Steve. "It's taking about two years or so to get it completely removed. It's not been done yet and we're again where it's become a risk and you can't tell what it is."

Laser removal is a fairly process, and can take several sessions depending on the tattoo itself. Having time takes a minimum of four weeks.

Perhaps you just want to come up your old tattoo with something new and bold. But if you want to work a long one and a bad tattoo the next morning, don't expect it to be covered up right away.

"You have to wait anywhere from three to 100 months for it to settle down to do any cover up work especially if it's a flesh tattoo," said Chris. Again, with cover-up tattoos, it all depends on the size the tattoo itself and what the tattoo is covered up with.

And removing and unremoving tattoos are ultimately very difficult with these days. But to avoid the stress, your wallet, and the pain you may

experience, you should think about a few things before you get under the needle.

First, artists emphasize that research is the most important thing to do before even going into a tattoo shop.

"When you go into a shop look for cleanliness, awards, certificates in the staff policy, are they helpful, do they explain things and say why it's good to do this or that? If you go into a place and they say, 'Yeah, we'll do this, we'll do that' without questioning anything, then you have to question it yourself. Usually think a small piece to turn around and walk away," said Chris. And equipment should absolutely be sterilized before use.

If some shops refuse to show you their sterilizing room, it means they don't have one. And that should be what you turn around and walk away. You have the right to see it. It's right to see it. A day afterwards from you at the hospital, they're using the same and every other health problem.

Once you find your shop and you've settled on a design, all the best is you. Just remove the Steve's words of wisdom.

"You've got one thing, one life. Make the right decision."

And most importantly, "Friends don't let friends go bad tattoos."

LAST WORD: PINK



Random Act of Kindness Day needs your online vote

Foundation hoping to win \$25,000 to grow event across Canada

By PAUL WYVIE

The organization behind Random Act of Kindness Day, of which Georgetown College is an active and enthusiastic participant, is seeking a random act of kindness all its own as it applies for a \$25,000 grant.

The Random and Welton Foundation (RWCF), which started the program two years ago, is the only regional funder for the Papa Hubbuck Project, which gives grants to worthy programs chosen by an online vote.

RWCF applied for the grant in November 2010 and was told that they were a finalist in December.

**RWCF needs your help.
— Tracy Van Katsback**

"RWCF needs your help" said Tracy Van Katsback, RWCF's manager of marketing and communications. "You can't win this office."

She said that the money was going to be used to grow the Random Act of Kindness event across Canada.

"We want to spread kindness around the country." The initiative is currently



ranked 21st in its category on the Papa Hubbuck website.

Bryan Connell, a Student Life programme at Georgetown College and a member of the RWCF's Friends of the Foundation committee, said that the program has been going at the college since 2004.

"The history of Random Act of Kindness Day is steep in a few good initiatives," said Connell. "The event involves encouraging others to do small random acts of kindness to be the difference for others, and random acts of kindness don't have to cost anything."

"For example, this past year we were able to provide free hot chocolate that was all donated by local businesses and hot meals donated from our volunteers

and it was off its cost in the end."

Random Act of Kindness is the heart of the Deft Nation, one of RWCF's volunteer teams. For last year's event, 75 teams went out in the community to hand out free copies of the Waterloo Region Record, and to perform other small random acts of kindness.

Van Katsback said one particularly deep political member of the community left a \$1000 Tim Hortons gift card at the drive-thru window of a local franchise to pay for coffee until it ran out.

Local schools got involved with the initiative, with younger students painting wall murals in honour of the day, and putting together boxes of goods to give to the less fortunate.

"People go to the parking lots of hospitals and feed the hungry," she said.

The Papa Hubbuck Project is giving away over \$1 million.

The RWCF gives grants to demonstrate engagement, provide leadership to the community and connect people to opportunities both to volunteer and to take advantage of their services.

To vote for the Random Act of Kindness Day event across Canada, go to www.randomeverything.ca/random-kindnessday.



PHOTO BY SHARON MARRAS

The community day at Waterloo Region's Regency Park has been up and running since last December. Volunteer Brian Garrett said the day is getting word more than ever this year. "Ways people and sightly maintenance, the lot is in great condition for people interested in a leisurely walk or a game of hockey. The park is located at Random Drive and Pichee Highway Road North."

Rink volunteers "unsung heroes"

By SHARON MARRAS

It's freezing cold outside. You wear gloves and wear your winter coats, but you don't let them stop you from playing the great Canadian game of hockey outdoors.

You throw out mittens after mittens and melt other ways to make sure you're not freezing, knowing that for the next few hours you'll be braving the ice for some fun.

While playing hockey or just skating around, do you ever wonder who takes care of all this? Who are those "unsung heroes" who build and maintain your community rink?

They are made possible by the dedication and effort of volunteers who build these rinks and provide nightly maintenance.

Sean Garrett is one of five volunteers who help maintain the Waterloo Region's Regency Park community rink. He is now in his fourth year volunteering and he does it all for the community to enjoy.

"I don't think any of the guys in the city that volunteer do the rinks for themselves," he said. "They go in for the community and for the people that don't get a chance to skate outside because the time is expensive and limited."

The city, which provides materials such as the boards, shovels and water tanks, sends in many volunteers within the community each week as they go. Then, after serving a few weeks there, the volunteers do their best to keep the ice as good as possible.

"We're in charge of making sure it's not freezing the

week going on long as possible," said Garrett. "It's real by ensuring the rink is as good as possible."

Garrett talks about the many volunteers and their work. "Most rinks have around 10 guys, but some have as few as five. We have to have a good mix of people to have the rink open for 10-15 hours in the freezing cold weather and keeping the ice on all with a couple on the line."

Some volunteers such as Garrett, go the extra mile by providing shovels around the edges of the boards to ensure the water doesn't leak out the side when flooding, a major problem for most outdoor rinks.

Joanne Madson, who used to be a volunteer at the Harwood Park community rink six years ago and has enjoyed his time taking care of the rink and seeing the kids having fun on the ice.

"I did it all for the kids," said Madson. "You can't see through and it's too cold outside for me."

Whether it's one-on-one with a buddy, play with a group of boys and girls of all ages or just a parent teaching his young son or daughter how to play the game of hockey, Canadians love to get out doors and are grateful for the volunteers who help keep the tradition alive.

"We love to play hockey outside and it wouldn't happen without the people that shovel and flood the rinks each night," said hockey player Adam Russell. "I'd definitely say they're the unsung heroes."

WHO KNEW SWANS AND SQUIRRELS GOT ALONG



PHOTO BY SHARON MARRAS

This motley crew of critters takes advantage of the wildlife feed at the Waterloo Park zoo.

Banning song not right move

By LISA MURPHY

Every one of us, at some point in our lives, has been shocked. We've been called names, berated, bullied and put up. For some, this experience develops into a thick skin. For others it creates paranoia, a fear that every one, everywhere is sneering, whispering and snickering behind their backs.

And for some, this paranoia goes so far that they begin to look for problems where there are none.

Recently the Canadian Broadcast Standards Council, an independent agency which sets standards for pre-empting air radio and television, banned the song "Money for Nothing." It was released in 1986 by Dire Straits and contains an anti-gay slur. Because of this, the song, in its full version, is now banned on Canadian airwaves because of one single complaint to the council.

Yes, the word is a slur. Yes, it's offensive. But does the song deserve to be banned? No.

The CBC's rule of censors were, in part, that banned content shall ensure that their programming contains no abusive or unduly discriminatory material or any other words or images based on matters of race, national or ethnic origin, religion, religion, age, sex, sexual orientation, sexual orientation or physical or mental disability.

Songs or TV programs that may be discriminatory towards people based on race, age, sex, etc? This never happens. Not on South Park, anyway.

If the CBC is really and truly wants to start banning anything that could be offensive, they should create a prohibition clause. After all, this particular song is a caricature. Just as Marlene's Rape Me is reflective of the shame and humiliation felt by North American youth in the early 1970s, it's meant to tell a story. As the lyrics say at the end, it's a warning of the kind of model masculinity or promiscuity in the 1980s.

No wonder so many radio stations are protesting and the CBC is putting pressure on the CBC to reconsider its decision. It's a matter of principle.

As the old saying goes, you have to live your problems to deal with them. By censoring that song under that tag and pretending it doesn't really exist, we're hiding from it. Discrimination is still there, it's just invisible, more subtle and therefore, far more dangerous.

The cartoon below represents the position of the newspaper, not necessarily the author.



Monday, 4 p.m. The Museum's hours confuse potential customers

Longer hours needed

The Museum should be open at night to attract more adults

I'd like to go to the museum once... if it's ever open. The Toronto exhibit at The Museum, formerly known as The Children's Museum, has closed, and on its last night it seemed as if the whole city turned up to see it.



Cassandra Stephens
Stephens

works on the weekends would find it nearly impossible to see an exhibit.

The Museum is closed from Jan. 24 to Feb. 3 to set up its next exhibit "Searching for Time." During this time not only will we not be able to visit any of their permanent exhibits, but they also have no hours posted for February on their website, preventing people from planning their trip to see that new exhibit ahead of time.

Although The Museum changed its name as it needed to attract an adult public, it seems it has remained a museum that caters to children, more specifically school groups. With better evening and weekend hours The Museum could transform itself into a successful attraction for the adult population of Kitchener, too.

The Museum devotes Mondays and Tuesdays to school groups and isn't even open in the evenings.

The Museum extended its hours for the final week and a half but stayed open 70 hours straight over the last weekend. If they had extended their hours a little throughout the event, they may not have needed such distant hours that last few

days. I want to see the Toronto exhibit the second week it opened, on a Monday after noon, around 4 p.m., and was surprised to find that it was a waste of a trip. The Museum devotes Mondays and Tuesdays to school groups and isn't even open in the evenings.

The Museum hosts many exhibits that are of interest and value to the community, but it's very difficult for people who have jobs or other obligations to make it there while it's open. A college student who goes to school during the week and

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. We reserve the right to publish letters or not as we see fit.

Send 500 words. Spoke reserves the right to edit letters for publication. Address envelopes clearly to: The Editor, Spoke, 2000 Beech Valley Dr., Room 1204, Kitchener, Ont. N2G 1B4.



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Students get an opportunity to get involved

By **ASHLEY ISLE**

On Feb. 20, Cleveland College held its annual Get Involved Fair on campus. Groups from both on and off campus came to show their staff to any students who might have a few extra hours a week that they could spare.

On-campus campaigns set up in the lower atrium while off-campus opportunities dominated the upper level. Both groups were trying to get the same message across: that it's important to get involved.

"It enriches the college experience when you get out in the community volunteer ing," said Sarah Daly of United Way. She also pointed out that many of the learning skills picked up in the classroom setting can be applied outside the classroom when students take the time to volunteer.

"Volunteering is so important," added Anne Crompt of Kid'sAbility. She also said getting out and vol-

unteering isn't open at every door for students.

For those students who wanted to stay on campus, there were many displays for those in the lower hallway. Rhonda Dean of the Request Response said that the Get Involved Fair was a great way to get connected with people on campus and the community at large. "It gets the message out."

Anne Paul, who was with Student Life, agreed. "It helps build relationships on campus and offers opportunities to get actively involved."

New groups on campus, such as the Que Club and the Sigma Club, also used the fair for recruiting. Sydney Bombardieri of the Que Club said, "We're hoping to bring more people out and get more people in our club." Nancy Blum, also of the Que Club, added, "We hope that people with the same interests can come and share a common history." Student Life programmer Ryan Connell agreed that

service was important, and that the Get Involved Fair was a great way to show some support for both the college community and the community at large.

"I think it's important for us to encourage volunteerism amongst our student population because that's the people that are going to be running our society and our economy once they leave here," said Connell. "It also offers an opportunity to build community."

Connell also pointed out that volunteer work looks good on a resume from the same employers look for well-rounded employees.

Connell also said that there are some big misconceptions about volunteering. "People think it's not going to be fun," he said. He also talked about how people believe that it's a big commitment.

"That's what's great about the Get Involved Fair," said Connell. "You're getting connected with all many opportunities."



Sarah Daly and Sydney Blum volunteers at the Get Involved Fair on Jan. 20, helping make the event a success.



Many people gathered in the lower atrium to check out opportunities available on campus for students to get involved.

PHOTOS BY
ASHLEY ISLE



Nancy Blum, Tyrique Smith and Sydney Bombardieri were at the event, trying to recruit new members for the Que Club.



Anne Crompt of Kid'sAbility and Sarah Daly of United Way gathered for volunteers at the fair.

Donate your denim to Teens for Jeans

Donors will receive 25 per cent off a new pair of pants at Aéropostale

By GABRIELLE BROWN

Looking to clear some much needed space in your closet? Why not donate your gently used jeans to the fourth annual Teens for Jeans drive at

Aéropostale in Fairview Park Mall.

To start things off, Aéropostale will donate 30,000 pairs of new jeans.

All pants collected across the U.S. and Canada until

Feb. 15 will be given to teenagers who are homeless. One out of three homeless people are under the age of 18. The Teens for Jeans campaign is hoping to collect one millionth pair of jeans

during this year's drive.

After donating your pants, which can be any size or brand, you will receive a coupon for 25 per cent off a new pair of pants at Aéropostale.

Do something about homelessness and let everyone know they are not forgotten and 800.310.3000 donate. You can also donate to a public service announcement.

www.donatingmag.org



COUNSELLOR'S CORNER: Problem Gambling

Internet, casino, video lottery terminals, online lottery tickets: the opportunities to gamble are everywhere. For many it truly is a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recoup what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indicators that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Really, that's one thing you can bet on.

A Message from Gambling Services, 14701



Jeans are collected for the campaign.

Every person makes, on average, seven pairs of wearable jeans. Bring your old pair to Aéropostale in Fairview Park Mall from now until Feb. 15 and help support the Teens for Jeans drive.

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Smooth your way into health

By EMM PARSON

Being healthy while living the life of a busy student is often a difficult thing to do. Although there are many different suggestions about how to keep up fitness routines or make healthy meals every day, these things can be incredibly mixed with a hectic daily schedule.

One thing that students can do to keep their health on track is to make smoothies. Sounds kind of fun, doesn't it? There's not very much cooking to make and you can pack a lot of healthy ingredients into one drink.

"Smoothies are a fantastic way to get your body going in the morning," said holistic nutritionist Nancy Ferguson. "With all the different nutrients you can put in them, it's good for you, the possibilities are endless."

Fruit or frozen fruit is the main ingredient of a smoothie

Power fruit may be considered better as this tends to stay cool. On top of the fruit, a cup of yogurt adds a nice creamy touch. Protein powder is an excellent ingredient as well because, on top of being good for the body, it also makes the smoothies feel full. Protein powder can be found at health food stores.

"I always blend up frozen cherries, spinach or kale as well," said Ferguson. "You have to do this in the beginning as it's really fairly mixed. You would never even know it was there, besides the colour."

The smoothies that work so well, which has been called a miracle food due to its high content of lutein and zeaxanthin. The benefits of this food include lowering a person's cholesterol and lowering blood pressure.

Orange juice, all in a healthy diet can help people heart health. One teaspoon of this a day is all that is needed and some mixed in with the drink,



SMOOTH BY EMM PARSON

All the ingredients for a perfect smoothie fit comfortably on the little table found in restaurants, even just that morning there is not too far to drive.

It's unacceptable. Orange is rich in vitamin C and also has some antioxidants. It can be found in local health food stores.

Most all of these ingredients together and you have not

extremely healthy and delicious concoction. Five minutes in a blender, and students can be running and the door to class with their breakfast in hand.

Canadian Diabetes Association

1 in 5 survives
serious complications

Before my diagnosis, I was a professional athlete. Life was good and the future was bright.

Learn more about
juicing!



Accounting student? You could win \$50,000 in online contest

By ROBERT DENTON

Accounting students, start your calculations! The Certified General Accountants of Ontario will be launching its annual online accounting contest on March 10.

The online competition, which started in 2007, expects 2,000 to 3,000 students to participate this year. "Last year students from every post-secondary school across Ontario participated in the contest. We anticipate the same level provincial participation again this year," said CGA public relations manager Amy McEwen.

Eligible students must be enrolled at a college or university in Ontario. Once registered, students can choose between two levels of difficulty: both offer cash and scholarship prizes. Each level of difficulty consists of 100 multiple choice financial accounting questions at basic and intermediate level, students can earn up to \$4,000 cash and a \$5,000 scholarship toward a CGA program of study. At the intermediate and advanced level, students can win up to \$8,000 cash and a \$10,000 scholarship. Prizes are also offered for second and third place as well as to the winning student from

CGA

each institution that has registered.

"The sharper your mind, the better your chances of winning great prizes," said McEwen.

CGA Ontario is a self-governing organization that provides education and continues the professional standards and conduct of its members. The CGA designation tells an employer that a prospect is well equipped to add value to the organization. According to McEwen, participating in this contest would add to any aspiring accountants resume and portfolio.

"The CGA designation is respected and widely recognized by employers, plus winning a skill based competition is always something to be proud of and worth posting," said McEwen.

To sign up, students can visit cga-ontario.ca/contests and obtain a user name, password and choose the level of difficulty. More information is available on Facebook at www.facebook.com/cgaontario.

"We wish all participating students," said McEwen.



See where your
love of video games
can take you.

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Electrician
Physician
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A CONTEST FOR THE WORLD

CONESTOGA
STUDENTS INC



Winter-eeen-mas brings gaming joy

By **ANANDA BARNES**



CRASH-BALL under the

Buckley created Winter-eeen-mas, a holiday to play tribute to old games and video game star games (Brian McManus, who decided to do all the prizes for carrying the winter months).



Buckley designed the seven

spells of gaming for his holiday. (Winter-eeen-mas)

THE SEVEN DAYS OF WINTER-EEEN-MAS

- Jan. 25:** Adventure
• Lego Harry Potter, years 1-4
• Legend of Zelda: Ocarina of Time
• Kirby's Epic Yarn
- Jan. 26:** First person shooter
• Call of Duty: Modern Warfare
• Medal of Honor
• Halo Reach
- Jan. 27:** Fighting
• Street Fighter IV
• Marvel Rumble
• Super Smash Bros. Brawl
• Tekken



- Jan. 28:** Puzzle
• Bejeweled
• Command and Conquer
- Jan. 29:** Action
• Modern Warfare
• Halo: Reach
• Halo: Infinite
- Jan. 30:** Role playing
• World of Warcraft
• World of Warcraft: Wrath of the Lich King
- Jan. 31:** Sports
• Tiger Woods PGA Tour 11
• NBA 2K11

In 2000, Buckley wrote another story. It's a Game's Guide, but in 2000, he took a break from Winter-eeen-mas to focus on his career. In 2000, however, Buckley brought back the holiday with the help of his friend with the name Game's Guide. Buckley did not disappoint his fans.

Winter-eeen-mas began as a holiday for the extreme gamers, but throughout the years, it has become a holiday for all gamers and "video game" fans. Buckley is now

the holiday as well. Name Game's Guide and his wife, Catherine, hosted their second annual Winter-eeen-mas kickoff in Cambridge on Jan. 28, spending over seven hours working through the various aspects of gaming.

"It's absolutely awesome," said Buckley. "I really hope we can keep this up."

Although not recommended, games in the past have taken the work of work to spend every available moment gaming, and American priority than the world's economy. For those who think it's more than just "liquid assets"

decide over the course of the night, please remember that the only time is two days a 24-hour period.

Several parties around the city will end off the holiday with a bang tonight, as Winter-eeen-mas ends at midnight. The last night for gaming, however, many parties plan to take full advantage of the event.

The event that began in January is now a holiday and has grown to play more through-out the winter here because the winter of winter world-wide, and only means to get bigger each year as winter comes around.



THE 2011 WINTER-EEEN-MAS

Some celebrities and former food stars in Cambridge on the 28, after a seven-hour gaming drive in kick off the 2011 Winter-eeen-mas holiday.

Celebrate Chinese New Year Thursday February 3

ELAS Student Success students will be hosting displays and activities profiling various aspects of Chinese New Year!

Come celebrate with us in the B Corridor.

Waterloo Campus





HOROSCOPE

Week of January 22, 2003

**Aries**
March 21
April 19

A game of love cards will go heavily wrong in ways you didn't even imagine when one of your dear pals betrays the world.

**Libra**
September 23
October 23

You will spend sometime looking a little out of home change. You will think this is foolish and you realize it costs more than a house.

**Taurus**
April 20 - May 20

The National Lampoon Society will ask to stay at your house for a convention and in the process they will deface a five-mile radius around your house.

**Scorpio**
October 24 - November 21

You will get a little year head to walk around the world. You'll get stopped because, you know, there are these things called oceans in the way.

**Gemini**
May 21 - June 21

Your secret obsession with My Little Pony will come to light in the most embarrassing way possible. More to follow.

**Sagittarius**
November 22 - December 21

A trip to a restaurant will turn interesting when a group of masked bandits wearing dragon straps to rub the place.

**Cancer**
June 22 - July 22

You will sign up for Mass College. On your way home, you will be stuck in a standstill, and a glass box will fall on you. This one is made out of actual glass.

**Capricorn**
December 22 - January 19

Start collecting random cardboard boxes. That way, in winter when business you will always have a modular place to live.

**Leo**
July 23 - August 22

A team of scientists will perform an experiment on you involving mouse eyes. The only thing that will happen is you will turn green.

**Aquarius**
January 20 - February 18

Your collection of 16283 books will grow to over take the rest of your house. In a way you will sort of be proud of this. Good world.

**Virgo**
August 23 - September 22

Your house will become infested with rats, but rats are actually one of our sometimes so you'll have to live with it.

**Pisces**
February 19 - March 20

A giant team elephant will get loose from a parade and come to visit you on your lawn. You will name him Harbo.

Tron: Legacy a box office hit

By BARBARA SCHWARTZ

If you are a fan of digitally stunning visuals and action, you must love Disney's latest futuristic film, *Tron: Legacy*, starring Jeff Bridges, Garrett Hedlund and Olivia Wilde. Features a compelling plot as well as some truly eye-opening special effects.

The film begins with the introduction of Sam Flynn (Hedlund), who is haunted by the disappearance of his father Kevin Flynn (Bridges). Once accused as the best video game developer in the world, he mysteriously disappears decades ago.

While investigating a strange message sent from his father's office, Flynn is transported into a mysterious digital world.

The Grid was his father's last project before his disappearance. It is a world where machines are known as programs and users fight like every landing, read and write.

The visuals in this digital realm are surprisingly colorful and truly capable of mesmerizing any viewer. The Grid also features music produced by Cliff Martinez which perfectly fits the theme.

Flynn soon discovers that his father has been trapped in this world by CLU (Garrett), a digital recreation of himself. With the help of his father's apprentice, Quorra (Wilde), the three plan an escape.

However, they must also stop CLU. Originally created to run the system smoothly, he is obsessed with expanding his world and taking over the real one.

In the plot darkness, the film only gets better. It is packed with action and drama and ends with a surprising twist leaving the film open for continuation. Although this is a sequel to a film produced almost 20 years ago, it is surprisingly contemporary and even features characters from the original.

The stunning visuals make this film a treat to watch and the interesting plot holds viewers' attention.

I give this film three stars out of five.



Our community goes beyond Conestoga.

We understand what it means to show respect in the neighbourhoods we call home.

Thank You for Being the Difference



Paul Evans carefully examines the stars and then ignores them for your amusement.



College firefighters to the rescue!



Granddigger's pro-snowboard firefighters took part in an ice-water rescue drill in the pond behind the Dean campus on Jan. 22.

The Craig McCann, left, and Josh Harkness work on the rescue drill.

Bottom: Pro-snowboard firefighters pull instructor Craig Smith out of the icy water.

PHOTOS BY LISA OLSEN



Runner leaves cancer in the past

By RANDALL BECK

Ever since he was a kid, Ole Wroble has never been a child, long for Connecticut's country music country runner Ole Wroble.

"We would leave Wroble and travel to London three to four times a week," said the 30-year-old northern Ontario native.

The 24-hour Empire State Express for any cross-country runner.

"The Grade 1 I was diagnosed with leukemia," he said.

A week day in February 1990 is a day that will stick with Wroble forever.

"I was outside during recess and I started feeling odd as I went inside and put on a jacket. I knew with the jacket on I

was still cold and I began turning blue and after I went to see the principal I was off to the hospital," said Wroble.

With his parents at work, Wroble's grandparents took over at the Western Hospital where, after a couple of blood tests, they were told to make the trip to the hospital in Owen Sound. After some time at the hospital, where he met his mother, the doctor explained to them that Wroble had been diagnosed with leukemia and that he would need to be treated at Children's Hospital, London Health Sciences Centre.

The type of leukemia Wroble had is known as acute lymphoblastic leukemia, which is a rapidly progressive cancer that starts by the

enlargement and transformation of a marrow lymphocyte.

"Every morning young I really didn't know what was going on and had been the reaction of my grandparents and now I know it wasn't good."

For the next three years, Wroble was either being at the hospital or he was making multiple trips each week to London from Wroble for chemotherapy.

"My grandparents would call and visit and they were always praying for me. My brothers and sister were real. I convinced and my mom and dad were really supportive. It was hard on all of us."

"I am thankful for my family, grandparents, praying and their support."

Through all the chemotherapy, his leukemia and the time he spent in the hospital, Wroble kept his focus on his goals and his goals. One thing that helped was attending Camp Quality.

"The camp is a non-profit volunteer organization that provides year-round support for children with cancer. I received my first blood test in 1990 and then I met these families."

It was amazing. They made it a lot of fun and I met a lot of people.

Three years later in May 1993, Wroble was declared cured.

"The doctor called my home and told my mom that when we came down we have some good news to tell you."

One piece of news that wasn't expected was that Wroble's interest in running.

"The doctor said when the doctor he was the doctor in determining because of the steroids I had been taking while doing the chemotherapy and that running would help strengthen it."

"My mom is actually my own teacher shorter now because of it."

Three years later and in senior status, Wroble accepted an offer from Connecticut College to attend the business administration



Photo by RANDALL BECK

Wroble runs on the track at the Connecticut College in Jan. 95.

accounting program.

However, he soon discovered that Connecticut didn't have his favorite sport on the college level, cycling, which is what Wroble had been competitive in and off for the past 14 years.

"Because of the leukemia I had a setback with cycling. Chemotherapy kept me out of it and it was tough because I love cycling and was going to school. I could get back to it."

While in high school Wroble was a Connecticut Amateur Athletic Association, which earned him and his team an appearance in the Connecticut Western Ontario Secondary School Athletic competition where they placed second.

Since the day Wroble found out he had leukemia he has never let anything happen to himself and has only used his experience as motivation.

"Since I moved that I am running anything. The week before you get started in your doesn't matter the week before of being an entrepreneur where you have no money and have no support and don't want to move."

After completing his business administration account program at Connecticut, the year plan is set in stone for Wroble.

"There are a couple things I have in mind that would be pretty awesome to work for like IBM. And if everything works out I would like to start my own."

One thing that has happened to Wroble he says he has really developed a love for running but he also continues to do other things.

"I enjoy running but cycling is my favorite sport and after everything that has happened, I just feel really strong."

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You know when it's real

CLUB NEWBARK

Stats Canada report a fitness motivator

Canadians spend more time watching television than being active

In Canada, we have a lot of misconceptions about ourselves. We like to think we are a "green" country, but in reality we have one of the highest carbon footprints of all the First World countries. We also like to think that most Canadians live healthy lifestyles, but the past isn't true.

The proof is in a new Statistics Canada report released Jan. 18, which says only 14 per cent of Canadian adults reach the recommended level of physical activity proposed by Canadian physicians each week.



Emily
Goodall
Opinion

The saddest part is, the numbers have generally been lowered, so who knows how much worse the percentage would have been with the old guidelines in place?

The recommended six hours per day of moderate to vigorous activity was lowered to

only two and a half hours a week for adults. The fact that 84 per cent of Canadian adults don't even meet this new low level is a much a shocker and will hopefully be eye-opening to a lot of people.

According to Statistics Canada, Canadian adults spend about 24 hours a week watching television.

If there is enough spare time for the average Canadian to spend 24 hours sitting on the couch in front of the TV, how can only 10 per cent find the more two and a half hours needed to

be active and maintain their health?

We clearly have the time to spend being active, so what is the problem? Sure the advancements of technology work against us every day – distractions as much as we don't have to take the 20 steps ourselves, remote controls so we don't have to get up off the couch, and golf carts to make even a sport less active.

But everyone knows the importance of exercise, and no one is forcing us to choose the healthier way the short. When our parents were our

age, they didn't have the technology or same opportunities for leisure as we do. With only seven per cent of current Canadian children aged five to 17 reaching the recommended active levels, what will the percentages be like for our children in the future, who will have even more technology at their disposal?

A new outlook on the importance of exercise is needed in our country as well as the motivation of each individual to live a healthier, more physically active life.

No respect shown in a very heated media game

A visit from Connecticut's Ryan Goodall could have resulted a lot of tears before the New York Jets and the New England Patriots headed to their AFC Divisional playoff game.

Leading up to the most hyped up game of the week, respect was barely shown by either team. Just selfish remarks, back and forth morning and double-morning press



Graham
Smith
Opinion

the Jets may have looked up all the words looking they were doing, it came at a cost that could have a huge effect on youth.

There are kids in the world growing up playing sports and team sports and it is a lot more than professional players that kids see on TV. Kids are exposed to professional athletes slipping up and making statements that are disrespectful.

Tuesday at youth sports, a huge compliment is given at how our fan, making friends and respecting opponents to help kids enjoy the game. It is not when kids who watch opportunities to see the highlight of the night instead

hear trouble. It's a shame when athletes can project a humble and positive message but instead show such a lack of respect.

Understanding recognition can get kids the best of a person, but insulting others to the press is not in any way a form of competition. The only competition should be the game on the field and not who can dominate and lower the other team and their players. Great job guys.

I want my counterparts to the New York Jets for their win over the Patriots but not for the inappropriate comments they left expressed in the media of the youth.

Hopefully the NFL cracks down on this behavior to their amateur leagues like the ones out there. But if it does continue, I won't be surprised to see a 13-year old quarterback mistake another team's defense and throw them for 200 yards and two touchdowns.



more chance at every sports stadium. And unfortunately, not every kid is a 40-year old man who knows that the Jets and Patriots' success aren't how professionals should conduct themselves. Even though

Career Events this week

Monday, January 31
Tuesday, February 1

Rapid Resume Review Clinics

11 a.m. - 1 p.m.
Dana Campus, SLC, Lower Level Atrium
Registration is not required

Get prepared for the RIM Park Job Fair on Wednesday. Drop by one of Career and Career Services' Rapid Resume Review Clinics to pick up your job search documents and get your job fair tips sheets.

Tuesday, February 1

Career Directions Workshop - Part 1

8:00 - 8 p.m.
Dana Campus Room 24205
Registration required through MyCareer

Seats are still available for this three-part career planning and development workshop. Participants must attend all three sessions.

- Explore myths and realities of career planning
- Discover great online career resources
- Complete the Strong Interest Inventory - one of the most widely used career tests
- Distribute resume upon completion

Wednesday, February 2

2011 Job Fair at RIM Park

10 a.m. - 3:00 p.m.
RIM Park, Waterloo
Free admission and free transportation

Drop by Career & Career Services to pick up a Guidebook or visit our partnership employment center desks.

Login to MyCareer to register for resume workshops, events and more.

(Visit the Student Portal, click on the "Services" tab)



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POST-GRADUATE FAIR HOSTED BY CONESTOGA



PHOTO BY GREGG AUSTIN

Students consult with Conestoga's journalism reps while others wait their turn at a post-graduate fair held here on Jan. 24.



A student gets information at one of the university booths at the post-graduate fair.

Conestoga and universities share job fair

By DENISE LUTHER

For a large number of Conestoga students graduation is looming. Following that is a much scarier prospect — finding employer want.

One event that will go a long way to help you is the Rim Park Job Fair 2013. Conestoga is helping it along with the three local universities.

"Were thinking about our own employment," said Craig Black, marketing and creative coordinator at Conestoga's Co-op and Career Services

department. "May is only three months away and the season of interview/rejection process can sometimes take two months."

Conestoga College, the University of Waterloo and Wilfrid Laurier University have responded to develop a job fair. "This will be held on Wednesday, Feb. 27 between 10 a.m. and 3:30 p.m. at Rim Park in Waterloo."

"Employers come from all over Canada to recruit students from our four universities," said Black. "The number of employers attending

the job fair really shows the greater local economy. The economy is still picking up, but we currently have 170 employers registered. Registration is still open."

Employers are required to have employment opportunities within six months of the Job Fair. Approximately 3,000 to 4,000 students/alumni are expected to attend this event. Employers learned a lot, good because of the reputation of the four universities involved in turning out top-quality graduates.

The event is open to the direct and alumni of the four universities.

Free shuttle buses will be serving Rim Park from Essex, Waterloo and Guelph campuses. However, there are only two buses leaving from Essex at 9:30 a.m. and 11:30 p.m. and one from Guelph at 10:45 a.m. You can also go to either UWO, UWL or UG, where bus services in every half hour from 9:30 a.m. to 2 p.m.

For other information about the fair including a list of participating organizations, how to prepare for the fair, employer guidelines, driving directions and a bus schedule, visit www.partners4employment.ca.

To help you prepare, Co-op

and Career Services is offering rapid resume review clinics on the two days leading up to the fair," said Black. These are on Jan. 24 and Feb. 1 at Essex, and no registration is required.

The clinics also offer cover letters and job fair success workshops. For details and to register go to MyCo-op through the Student Portal and select the Services tab.


If you can't make a visit, also, you can drop in to a Co-op and Career Services Rapid Resume Review Clinic at Essex. They take place from 10 a.m. to 1 p.m. on weekdays until Feb. 1.



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www.partners4employment.ca

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- Free transportation to and from the fair
- Free information for degree/diploma students and alumni of the sponsoring institutions with student/alumni ID



If you can make it there ...

Conestoga's graphic design students to bite the Big Apple

By THOMAS PARMENT

The ever diligent and hard-working graphic design students are embarking on their creative wings in New York City.

Forty students from years one, two and three along with programs co-ordinator John Balguy and four other faculty members are heading from Conestoga on Feb. 8 to the Big Apple to spend four days soaking up its cultural

pages. This will be a great opportunity for the students since it has been three years since the last trip was offered, but cancelled due to lack of interest.

"I wanted to go since I've never been outside the area," said third-year graphic design student Don Williams, who helped co-ordinate the trip.

"The power really 'been up where."

The organizers have arranged to tour The New York Times, The Guggenheim



Museum and The Museum of Modern Art which will give

the students a chance to view a collection of art and culture in one of the world's largest cities. Famous artists such as Andy Warhol and Jean Michel Basquiat have all found their days in the metropolis city. What a better place to send our home-grown, burgeoning artists and designers?

"I think it will be a great experience for the students," said Balguy. "It has that big-city culture which I think is important to get exposed to, especially to our field. It's

Toronto times Live."

Malissa Williams, a third-year graphic design student who also helped organize the trip, was enthusiastic.

"It's good that we're finally going. I've been a few times before, so I know what to expect, but I think it will be exciting for people who have never been."

One other option the program had was to visit Chicago due to the two unique dance and architecture, but New York was even better choice.

A SWEET BREATH OF FRESH AIR



Is Conestoga home to the next Adam Lambert?

By LAURA BARNET

No, that wasn't Judge Tamberlake and Lauren Harris. Conestoga's Students had after the other day, but rather students trying out to become the next OMI talent.

Students took place from Jan. 17 to 21 for OMI talent, a singing competition held by the student union. Two teams, OMI went on to win, and this year's talent was exciting, making it a difficult decision for the OMI judges — Harriet, Shanna Somers, Maria Anglin, Anna Kework, Cassi Ryan and Amanda Black — to choose who would go to the Feb. 2 finale.

The competition was closely judged on vocals as judges had to turn down some contestants who wanted to play the guitar while singing. Approximately

20 students came to help it out on stage in hopes of winning the Spring Break prize — a week in Daytona and \$200.00. Conestoga is the sponsor.

"The judges from this week were just OMI members, myself, Shanna, Cassi and Lisa. Students, Cassi, Amanda and Maria. The final judges are different and have not yet been finalized," said Harriet.

This year Harriet has added something new to the finale. Just this week the final contestants had, students will get a chance to vote on who should win. Selected students will be given a sticker, similar to those used for PowerPoint presentations, and will vote on the competitor they like best for the eventual winner.

The finale will take place Feb. 2 in the Sanctuary of room



Imaginary threeson students at Conestoga held a cake sale on Jan. 21 with proceeds going to the Canadian Lung Association.

Above: Second-year students show off their goodies during their program's cake sale. From right to left is Paula Jull, Shelby Leif, Jeff Bradley, Cassi, Shanna Wilkie and Lauren Anglin.

Left: Second-year respiratory student Kaitlin Wilkie hosts the cake sale made for the sale.

PHOTOS BY LAURA BARNETT

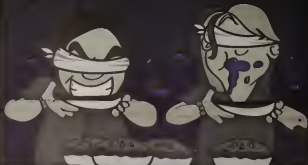


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